

Programs to Prevent Pregnancy, STDs, and HIV Among Adolescents: Selection Worksheet for Evidence-Based Programs – August 2010

[OAH links updated January 2011]

Information in this document is based on:

- U.S. Department of Health & Human Services, Office of Adolescent Health. (2010). *Programs for Replication – Intervention Implementation Reports*. <http://www.hhs.gov/ophs/oah/prevention/research/programs/index.html>
- Massachusetts Alliance on Teen Pregnancy. (2009). *Programs to Prevent Pregnancy, STIs and HIV Among Adolescents: Selection Worksheet for Science-Based and Promising Programs*.
- Suellentrop, K. (2010). *What Works 2010: Curriculum-based programs that prevent teen pregnancy*. <http://www.thenationalcampaign.org/resources/pdf/pubs/WhatWorks.pdf>
- Advocates for Youth (2008). *Science and Success, Second Edition: Sex Education and Other Programs that Work to Prevent Teen Pregnancy, HIV & Sexually Transmitted Infections*. <http://www.advocatesforyouth.org/storage/advfy/documents/sciencesuccess.pdf>
- Additional source material: see Information links for each program.

Note that some programs listed below may not be currently available for purchase (August 2010).

Program Information

<p>Aban Aya Youth Project</p> <p>✓ Middle school, with community component</p>	<p>Cost: \$660, \$375 download, \$150-200 individual grade level packages</p> <p>Audience: Urban African American youth grades 5 through 8. May be used in community based organizations that provide services to youth in this age group.</p> <p>Main Message: This Afro-centric program was developed to address multiple problems behaviors such as violence, substance abuse, delinquency, and sexual risk taking simultaneously in a long-term intervention by encouraging abstinence, protection from unsafe sex, avoidance of drugs and alcohol, and conflict resolution.</p> <p>Length: 16-21 lessons during each school year, grades 5-8. Lessons are 40-45 minutes.</p> <p>Group Size: Classroom</p> <p>Components: Classroom component (16-21 lessons per year; community component (homework and training for parents, teacher, staff; peer mentoring; community outreach).</p> <p>Evaluation findings: No significant intervention effects for girls. Boys reported increased condom use and decreased sexual intercourse (as well as additional non-sexual behavior effects seen in multiple arenas).</p> <p>Information: http://www.socio.com/passt24.php</p> <p>HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/aban_aya_youth_project.html</p>
<p>Adult Identity Mentoring (Project AIM)</p> <p>✓ Middle school</p>	<p>Cost: Implementation kit: \$240; facilitator certification (\$2,500 – 4,500 plus travel) and licensing fee (needs to be negotiated); information: Leslie Clark lclark@chla.usc.edu</p> <p>Audience: Middle school students</p> <p>Main Message: Designed to promote abstinence, delay the initiation of sex, and decrease the intention to engage in sex. Helps adolescents form their “adult identity” by helping them to articulate their future goals and think about how risky behavior choices might jeopardize those goals.</p> <p>Length: 10-session curriculum, 1-2 days per week over 6 weeks</p> <p>Group Size: Classroom</p> <p>Components: 4 units with exercises and discussion. Program facilitators required to participate in 3-day training.</p> <p>Evaluation findings: At 19 week follow-up, participants less likely to report having had sexual intercourse. At 1-year follow-up the effect held for boys only. (Group evaluated was 98% African American.)</p> <p>Information: HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/adult_identity_mentoring_project_aim.html</p> <p>Child Trends fact sheet: http://www.childtrends.org/lifecourse/programs/aim.htm</p>

<p>All4You!</p> <ul style="list-style-type: none"> ✓ Alternative school classroom plus community-based service-learning 	<p>Cost: Currently not available for purchase. For information contact Karin Coyle, Ph.D., Senior Research Scientist, ETR Associates at karinc@etr.org.</p> <p>Audience: In-school program evaluated with teens in alternative schools; the intervention also included a service learning component; urban setting</p> <p>Main Message: Program was designed to reduce the risk of HIV, other sexually transmitted disease and unintended pregnancy among high school-aged youth who are attending court and community alternative schools. Classroom lessons were drawn from the Be Proud! Be Responsible! curriculum and the Safer Choices curriculum.</p> <p>Length: 14 sessions over 6-8 weeks (about 26 hours total)</p> <p>Group Size: Classroom</p> <p>Components: Classroom behavioral skills development and community involvement/service-learning.</p> <p>Evaluation findings: Six months after the program ended program participants reduced frequency of intercourse and increased condom use.</p> <p>Information: Description: http://www.childtrends.org/lifecourse/programs/all4you.htm http://programservices.etr.org/index.cfm?fuseaction=Projects.summary&ProjectID=16 HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/all_4_you.html</p>
<p>Assisting in Rehabilitating Kids (ARK)</p> <ul style="list-style-type: none"> ✓ Residential settings (drug treatment) 	<p>Cost: An intervention package is not available at this time. For information contact Dr. Janet S. St. Lawrence, jlawrence@meridian.msstate.edu</p> <p>Audience: Substance-dependent adolescents in residential treatment facilities; mixed gender</p> <p>Main Message: Program was designed to increase abstinence, increase safer sex, and reduce risky sex behaviors in substance-dependent youth. Based on <i>Becoming a Responsible Teen</i>.</p> <p>Length: 12 sessions, 90 minutes each</p> <p>Group Size: Small groups</p> <p>Components: Prevention information; behavior skills sessions; motivation session/emotion-based risk-sensitization manipulation. (In last session, photos of participants are digitally altered to depict end-stage AIDS.)</p> <p>Evaluation findings: At the 6- and 12-month follow-ups, participants were significantly more likely to report being abstinent in the previous 30 days.</p> <p>Information: CDC: http://www.cdc.gov/hiv/topics/research/prs/resources/factsheets/ARK.htm HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/assisting_in_rehabilitating_kids.html</p>
<p>Be Proud! Be Responsible!</p> <ul style="list-style-type: none"> ✓ Middle schools ✓ High schools ✓ Community-based settings 	<p>Cost: \$358 program package (written curriculum, activity set, videos), \$145 without videos</p> <p>Audience: African American, white, and Latino adolescents age 13-18 (Note: evaluated only with African Americans, but has been used with diverse groups)</p> <p>Main Message: Curriculum is intended to delay initiation of sex among sexually inexperienced youth, to reduce unprotected sex among sexually active inner-city youth, and to help young people make proud and responsible decisions about their sexual behaviors. Emphasizes sense of community, accountability, and pride: protecting families and community. Focus is on HIV/AIDS.</p> <p>Length: Six 1-hour modules.</p> <p>Group Size: Designed for 6-12 participants; has been implemented with larger groups</p> <p>Components: Multi-media, interactive curriculum addressing information, perceptions, beliefs, skills. Training available on fee-for-service basis from ETR.</p> <p>Evaluation findings: First study (all African American males): at 3-month follow-up, participants reported fewer female sexual partners, greater use of condoms, reduced sexual intercourse, reduced heterosexual anal sex. Second study: At 6-month follow-up, participants (all African Americans, mixed gender) reported reduced unprotected sex and anal intercourse.</p> <p>Information: http://www.etr.org/recapp/index.cfm?fuseaction=pages.ebpDetail&PageID=1&PageTypeID=2 http://selectmedia.org/customer-service/evidence-based-curricula/be-proud-be-responsible/ HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/be_proud_responsible.html</p>
<p>Be Proud! Be Responsible! Be Protective!</p> <ul style="list-style-type: none"> ✓ Middle schools ✓ High schools ✓ Community-based settings 	<p>Cost: Program materials are available by contacting Deborah Koniak-Griffin, RNC, EdD, FAAN, UCLA School of Nursing at dkoniak@sonnet.ucla.edu.</p> <p>Audience: Adolescent mothers or pregnant girls (7-12 grade)</p> <p>Main message: An adaptation of <i>Be Proud! Be Responsible!</i>, this curriculum emphasizes maternal protectiveness as well as sexual responsibility and accountability. Increases awareness of effects of HIV/AIDS on communities and children.</p> <p>Length: Four 2-hour modules</p> <p>Group Size: 6-12 participants</p> <p>Evaluation findings: At the 6-month follow-up, participants (predominantly poor, with Latina background) reported having significantly fewer sexual partners in the previous 3 months.</p> <p>Information: HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/be_proud_responsible_protective.html</p>

<p>Becoming a Responsible Teen</p> <ul style="list-style-type: none"> ✓ Community-based setting ✓ Middle schools ✓ High schools 	<p>Cost: \$280 (basic set). 2-day educator training available from ETR on fee-for-service basis.</p> <p>Audience: African American adolescents age 14-18. (Program has also been used, but not evaluated, with diverse populations.)</p> <p>Main Message: Program provides teens with HIV/AIDS prevention information and training on communication/negotiating skills regarding sex. Abstinence is the best way to prevent HIV infection, but other preventative measures such as condom use are also important.</p> <p>Length: Weekly 90-120 minute sessions over 8 weeks</p> <p>Group Size: 5-15 participants (separated by gender)</p> <p>Components: Interactive discussion, videos, games, role-plays.</p> <p>Evaluation findings: At the 12-month follow-up, reduced initiation of sex, and reduced unprotected sex.</p> <p>Information: http://www.etr.org/recapp/index.cfm?fuseaction=pages.ebpDetail&PageID=2 http://www.etr.org/tpi/products/bart.html HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/becoming_a_responsible_teen.html</p>
<p>Children's Aid Society (CAS) – Carrera Program</p> <ul style="list-style-type: none"> ✓ Community-based settings 	<p>Cost: The program costs approximately \$4,750 per teen per year to implement.</p> <p>Audience: Low-income adolescents.</p> <p>Main Message: The CAS-Carrera Program is an intensive, year-round, multi-year after-school program that is designed to promote positive youth development and positive reproductive health. At-risk youth enter the program at age 13-15 and participate through the end of high school. The program employs a holistic approach—addressing the various contexts and needs relevant to the participants' lives—and it provides a wide variety of activities and services.</p> <p>Length: Year-round services available 5-6 days/week through the end of high school.</p> <p>Components: Job club, academic assistance, family life/sex education, self-expression, lifetime individual sports, comprehensive medical care, mental health services.</p> <p>Evaluation Findings: At the end of the multi-year program, girls in study were 18% less likely to have had sex than girls in control group, were 55% less likely to become pregnant, and were 80% more likely to use dual methods of contraception at last sex. Not yet shown to be effective for boys on sexual health measures.</p> <p>Information: http://stopteenpregnancy.childrengaid.org/ Description: http://www.childtrends.org/Lifecourse/programs/CAS-Carrera.htm HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/cas_carrera.html</p>
<p>¡Cuidate!</p> <ul style="list-style-type: none"> ✓ Community-based settings ✓ afterschool ✓ Middle schools ✓ High schools 	<p>Cost: Facilitators Curriculum \$165, Implementation Manual \$75, Training of Facilitators Manual \$145. Student workbooks available soon.</p> <p>Audience: Latino teens 13-18 years/ grades 8-11</p> <p>Main Message: ¡Cuidate! incorporates salient aspects of Latino culture, including the importance of family and gender-role expectations (e.g., machismo, which is described as the man's responsibility in caring for and protecting one's partner and family). These cultural beliefs are used to frame abstinence and condom use as culturally accepted and effective ways to prevent sexually transmitted diseases, including HIV.</p> <p>Length: Six 60-minute modules delivered over two or more days.</p> <p>Group Size: Small (6-10) mixed-gender groups</p> <p>Components: Learning activities such as small group discussions, videos, games, music, hands-on practice demonstrations, and role-plays. May be conducted in either English or Spanish.</p> <p>Evaluation Findings: 12 months after end of program, participants were less likely than control group to have had sex in the past three months, multiple partners, or unprotected sex, and more likely to have used condoms consistently than comparison group. Program most effective with Spanish-speaking teens.</p> <p>Information: http://selectmedia.org/customer-service/evidence-based-curricula/cuidate/ http://www.advocatesforyouth.org/index.php?option=com_content&task=view&id=1142&Itemid=177 HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/cuidate.html</p>

<p>Draw the Line/Respect the Line</p> <p>✓ Middle schools</p>	<p>Cost: ETR: \$56 program manuals (3 grades), \$21 individual grade level pieces PASHA package: \$216 (includes telephone technical support for 1 year).</p> <p>Audience: Latino or multicultural junior high school students, grades 6 through 8. This program can be used for both boys and girls but is more effective for boys.</p> <p>Main Message: The program covers setting limits, social pressures, challenges to personal limits, and communication and refusal skills. In 6th grade, focus is on setting limits in non-sexual situations. The aim of the program is to reduce the number of students who initiate or have sexual intercourse, and to increase condom use among students who are sexually active.</p> <p>Length: 20 lessons given 6th through 8th grades. Designed to fit into classroom sessions of 45-50 minutes.</p> <p>Group Size: Classroom</p> <p>Components: Separate classroom modules for each grade, teacher consultations with students individually or in small groups, parent homework.</p> <p>Evaluation Findings: At one year follow-up, program reduced initiation of sex for boys; boys also had sex less frequently and with fewer partners than boys from control schools. No impact on condom usage. These outcomes not shown with girls.</p> <p>Information: Purchase: ETR: http://pub.etr.org/ProductDetails.aspx?id=10000&prodid=S028 PASHA: http://www.socio.com/srch/summary/pasha/full/passt20.htm http://www.childtrends.org/Lifecourse/programs/drawline.htm HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/draw_the_line_respect_the_line.html</p>
<p>FOCUS: Preventing Sexually Transmitted Infections and Unwanted Pregnancies among Young Women</p> <p>✓ Clinics ✓ Community-based settings</p>	<p>Cost: \$315 (download); \$420 (print), purchase: www.socio.com</p> <p>Audience: Young women age 17-22</p> <p>Main Message: Designed to prevent STDs and unintended pregnancies among young women, the program seeks to increase knowledge about pregnancy, STDs, and contraceptives, and to modify attitudes and build skills that impact sexual behavior. Some content is graphic. Not intended for younger teens.</p> <p>Length: Four 2-hour sessions. May be implemented in shorter segments.</p> <p>Group Size: 20-25</p> <p>Components: Lecture, discussion, exercises, self-risk appraisal, videos.</p> <p>Evaluation Findings: At the 14-month follow-up: participants in the intervention who were sexually inexperienced at baseline were significantly less likely to report having had multiple sex partners after the intervention; also had fewer STDs than comparison group.</p> <p>Information: http://www.socio.com/srch/summary/pasha/full/passt22.htm HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/focus.html</p>
<p>HIV Risk Reduction Among Detained Adolescents</p> <p>✓ Residential settings (youth detention)</p>	<p>Cost: Program materials are available by contacting Angela Bryan, Ph.D., University of New Mexico, at abryan@unm.edu.</p> <p>Audience: High-risk adolescents in juvenile detention facilities</p> <p>Main Message: This single-session, group-based intervention is designed to reduce sexual risk behaviors, including alcohol-related sexual risk behaviors, and increase condom use.</p> <p>Length: One 4-hour session</p> <p>Group Size: small group (up to 10)</p> <p>Components: 3-hour, small group session with activities, videos, video game, condom demonstration; followed immediately by 1-hour discussion addressing alcohol use and sexual activity.</p> <p>Evaluation Findings: At the six-, nine-, and twelve-month follow-ups, adolescents participating in the intervention reported more consistent condom use. The evaluation study was conducted with a diverse, predominantly male group; mean age 15.8 years.</p> <p>Information: HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/hiv_risk_reduction.html</p>
<p>HORIZONS</p> <p>✓ Clinics ✓ Community-based settings</p>	<p>Cost: Program materials are available by contacting Ralph DiClemente, Ph.D., Emory University Rollins School of Public Health at rdiclem@emory.edu.</p> <p>Audience: African American females age 15-21 seeking sexual health services</p> <p>Main Message: The intervention aims to reduce STDs by improving STD/HIV risk-reduction knowledge and condom use skills, facilitating communication with male partners about safer sex practices and STDs, facilitating male sex partners' access to STD screening and treatment, and reducing female adolescents' frequency of douching. Program also seeks to foster a sense of cultural and gender pride and emphasize the diverse individual and social factors contributing to adolescents' STD/HIV risk.</p> <p>Length: Two 4-hour sessions, implemented on 2 consecutive Saturdays</p> <p>Group Size: Small groups</p> <p>Components: Interactive group sessions, vouchers for male partners toward cost of STD services, follow-up telephone calls to reinforce prevention information.</p>

(cont.)

HORIZONS, cont.	<p>Evaluation Findings: At 6- and 12-month follow ups, participants less likely to test positive for Chlamydia and more likely to use condoms.</p> <p>Information: HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/horizons.html</p>
<p>It's Your Game: Keep it Real</p> <p>✓ Middle schools</p>	<p>Cost: For information contact Susan R. Tortolero, Ph.D. Center for Health Promotion and Prevention Research, University of Texas Health Science Center at Houston, Susan.Tortolero@uth.tmc.edu</p> <p>Audience: Middle school students</p> <p>Main Message: The program is designed to equip students to have healthy relationships with friends, boyfriends, and girlfriends. For students who are already sexually active, the intervention encourages participants to use condoms consistently and correctly, use an effective method of birth control, and get tested for HIV and other STDs.</p> <p>Length: 2-year program, 7th and 8th grades</p> <p>Group Size: classroom</p> <p>Components: 1) Classroom-based component (includes role modeling, journaling, group discussion), 2) parent-child homework activities, 3) computer-based activities (includes interactive activities, virtual mall, videos, quizzes).</p> <p>Evaluation Findings: Over 24 months, participants less likely to initiate sex compared to control group. Effect especially strong for Hispanic teens. Note: Evaluation study conducted with predominantly Latino and African American youth.</p> <p>Information: Presentation at Sex::Tech 2009: http://www.sextech.org/downloads/presentations/Disseminating_an_evidence-based_HIV_prevention_program_for_middle_school_The_Its_Your_Game_curriculum_website.pdf HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/its_your_game_keep_it_real.html</p>
<p>Making a Difference! An Abstinence-Based Approach to HIV/STD and Teen Pregnancy Prevention</p> <p>✓ Middle schools ✓ Community-based settings</p>	<p>Cost: \$340 full package; \$145 without videos.</p> <p>Audience: African American, Latino, and white youth age 11-13. (Note: evaluated with African American youth only.)</p> <p>Main Message: This curriculum emphasizes that young adolescents should postpone sexual activity and that practicing abstinence is the only way to eliminate the risk for pregnancy and STDs, including HIV. Emphasis also on protecting community and family, sexual responsibility, and pride.</p> <p>Length: Eight 1-hour sessions (may be combined up to two 4-hour sessions)</p> <p>Group Size: Designed for 6-12 participants but may be implemented with larger groups</p> <p>Components: Goal setting; role plays and skill-building; education about negative consequences of sex.</p> <p>Evaluation Findings: At 3-month follow-up, participants (all African American in study) were less likely to have had sex compared to control group. At 12-month follow-up, participants had a higher frequency of condom use than control group.</p> <p>Information: http://selectmedia.org/customer-service/evidence-based-curricula/making-a-difference/ HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/making_a_difference.html</p>
<p>Making Proud Choices!</p> <p>✓ Middle schools ✓ Community-based settings</p>	<p>Cost: \$535; \$145 without videos</p> <p>Audience: African American, Hispanic, and white adolescents, ages 11–13. (Note: evaluated with African American youth only).</p> <p>Main Message: Goal is to empower young adolescents to change their behavior in ways that will reduce their risk of becoming infected with HIV and other STDs and their risk for pregnancy. The curriculum emphasizes that adolescents can reduce their risk for STDs, HIV, and pregnancy by using a condom, if they choose to have sex.</p> <p>Length: Eight 1-hour modules.</p> <p>Group Size: 6-12 participants</p> <p>Components: Knowledge about HIV, STDs, unintended pregnancy and contraceptive methods; behavioral beliefs, attitudes and perception of risk; skills and self-efficacy. The curriculum includes a facilitation guide, handouts/activity sheets and videos.</p> <p>Evaluation Findings: 12 months after intervention, sexually experienced participants reported a lower frequency of unprotected sex than control group.</p> <p>Information: http://selectmedia.org/customer-service/evidence-based-curricula/making-proud-choices/ HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/making_proud_choices.html</p>

<p>Project TALC (Teens and Adults Learning to Communicate)</p> <p>✓ Community-based settings</p>	<p>Cost: Free – available online: http://chipts.ucla.edu/interventions/manuals/intervhra1.html</p> <p>Audience: Adolescent children of parents with HIV (ages 11-18)</p> <p>Main Message: This program is designed to provide coping skills to parents living with HIV and their adolescent children. For the parents, the goal is to reduce emotional distress and problem behaviors, such as substance use. For the children, the goal is to reduce emotional distress, problem behaviors, and teenage parenthood.</p> <p>Length: Delivered once a week over 4-6 years, on Saturdays in local community centers.</p> <p>Group Size: Small groups</p> <p>Components: 1) 8 sessions for parents alone, 2) parents and adolescents together, 3) additional sessions for adolescents whose parents have died and their caregivers</p> <p>Evaluation Findings: At the four-year follow-up (from program start): adolescents participating in the intervention were significantly less likely to report being a teenage parent. Evaluation study was conducted with a predominantly Latino and African American group.</p> <p>Information: HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/project_talc.html</p>
<p>Promoting Health Among Teens! Abstinence-Only Intervention</p> <p>✓ Middle schools ✓ Community-based settings</p>	<p>Cost: Program is not yet available (as of August 2010). Cost will be \$145 for basic package, \$513 full package.</p> <p>Audience: Youth in grades 6 and 7 from low-income urban communities. (Note: evaluated only with African American youth).</p> <p>Main Message: This abstinence-only program for younger adolescents provides only medically accurate information, avoids moral judgments, and does not promote abstinence-until-marriage. Promotes abstinence as a positive choice and the best way to avoid pregnancy and HIV/STDs, focuses on goals and dreams, builds refusal skills.</p> <p>Length: Eight 1-hour modules delivered on 2 consecutive Saturdays</p> <p>Group Size: Evaluated with small groups</p> <p>Components: Group discussions, videos, games, brainstorming activities, skill-building, and experiential exercise. Four modules encourage abstinence, and four cover general HIV/STD knowledge</p> <p>Evaluation Findings: At 24-month follow-up, sexually inexperienced participants less likely than control to initiate sex. Based on average of follow-ups, participants less likely to have sexual intercourse.</p> <p>Information: http://www.selectmedia.org/customer-service/evidence-based-curricula/promoting-health-among-teens/ HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/promoting_health.html</p>
<p>Promoting Health Among Teens! Comprehensive Abstinence and Safer Sex Intervention</p> <p>✓ Middle schools ✓ High schools ✓ Community-based settings</p>	<p>Cost: Program is not yet available (as of August 2010). Cost will be \$145 for basic package, \$588 full package.</p> <p>Audience: African American, Latino and white adolescents, ages 13-18. (Note: evaluated with African American youth only).</p> <p>Main Message: This comprehensive abstinence and safer sex intervention provides youth with information about abstinence, safer sex practices, pregnancy prevention, and the prevention of HIV and STDs.</p> <p>Length: 12 modules delivered over 2 or 3 consecutive Saturdays</p> <p>Group Size: Evaluated with small groups</p> <p>Components: Group discussions, videos, games, brainstorming activities, skill-building, and experiential exercise. Four modules encourage abstinence, four encourage condom use, and four cover general HIV/STD knowledge</p> <p>Evaluation Findings: Participants less likely than control group to have multiple partners.</p> <p>Information: http://www.selectmedia.org/customer-service/evidence-based-curricula/promoting-health-among-teens-comprehensive-abstinence-safer-sex/ HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/comprehensive_abstinence.html</p>
<p>Raising Healthy Children (formerly the <i>Seattle Social Development Project</i>)</p> <p>✓ Elementary schools</p>	<p>Cost: Depends on number of participants. Average cost per teacher per year \$950 for years 1 and 2; \$500 for year 3 (see http://www.sdr.org/rhcsmary.asp#3)</p> <p>Audience: Elementary school children, parents, and teachers</p> <p>Main Message: This intervention is a multiyear, school-based youth development program that seeks to reduce childhood risk factors for school failure, drug abuse, and delinquency. Targeted risk factors include children's bonding with their families and schools, academic achievement, interpersonal problem-solving skills, refusal skills, and positive classroom behaviors.</p> <p>Length: 6-year intervention, grades 1-6</p> <p>Group Size: Classroom</p> <p>Components: For children: interpersonal problem-solving, refusal skills; for parents: behavior management, academic support, communication, family conflict, discouraging substance abuse; for teachers: instructional strategies and classroom behavior management</p> <p>Evaluation Findings: Follow-up into young adulthood: participants less likely to report initiating sex (age 18 follow-up), fewer lifetime sexual partners; fewer pregnancies or births (age 21); fewer STD diagnoses (age 24 and 27).</p> <p>Information: http://www.sdr.org/rhcsmary.asp HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/seattle_social_development_project.html</p>

<p>Reducing the Risk</p> <p>✓ High schools</p>	<p>Cost: \$43, student workbooks and activity kit available separately.</p> <p>Audience: High school students</p> <p>Main Message: This is a sex-education curriculum including information on abstinence and contraception, offering experiential activities to build skill refusal, negotiation, and communication.</p> <p>Length: Sixteen 45-minute sessions</p> <p>Group Size: Classroom</p> <p>Components: Topics include HIV Prevention, abstinence, refusal skills, delaying tactics, etc.</p> <p>Evaluation Findings: Delayed initiation of intercourse, increased condom use.</p> <p>Information: http://www.etr.org/recapp/index.cfm?fuseaction=pages.ebpDetail&PageID=129&PageTypeID=2</p> <p>HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/reducing_the_risk.html</p>
<p>Rikers Health Advocacy Program</p> <p>✓ Residential settings (youth detention)</p> <p>✓ Community-based settings</p>	<p>Cost: \$115 (download); \$234 program package; www.socio.com</p> <p>Audience: High risk youth, 16-19 years of age, particularly drug users and youth in correctional facilities</p> <p>Main Message: The program features a “Problem-Solving Therapy” approach, which focuses on problem orientation, defining and formulating a problem, generating alternative solutions, decision making, and implementing a solution.</p> <p>Length: Four 1-hour sessions over two weeks</p> <p>Group Size: 8 (single sex recommended)</p> <p>Components: Small group sessions focusing on health issues, particularly HIV/AIDS. (Note: evaluated only in youth detention setting.)</p> <p>Evaluation Findings: Increased condom use</p> <p>Information: http://www.socio.com/passt10.php</p> <p>HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/rikers_health_advocacy.html</p>
<p>Safer Sex</p> <p>✓ Clinics</p>	<p>Cost: Program materials are available by contacting Lydia Shrier, MD, MPH, Director of Clinic-based Research, Division of Adolescent/Young Adult Medicine, Children's Hospital Boston at Lydia.Shrier@childrens.harvard.edu .</p> <p>Audience: High-risk female adolescents</p> <p>Main Message: This clinic-based intervention is intended to reduce the incidence of STDs and improve condom use among high-risk female adolescents. It is delivered to participants individually in a clinic by a female health educator. Participants are invited back for booster sessions.</p> <p>Length: One 40-minute session, followed by booster sessions at one, three, and six months.</p> <p>Group Size: Individual</p> <p>Components: Video, educational session, booster sessions; standardized intervention manual</p> <p>Evaluation Findings: Reduced multiple concurrent sexual partners</p> <p>Information: Lydia.Shrier@childrens.harvard.edu</p> <p>HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/safer_sex.html</p>
<p>SiHLE</p> <p>✓ Clinics</p> <p>✓ Community-based settings</p>	<p>Cost: \$294 program package, \$160 (download); www.socio.com</p> <p>Audience: Sexually experienced African American teenage women.</p> <p>Main Message: Through interactive discussions, the intervention emphasizes ethnic and gender pride, and enhances awareness of HIV risk reduction strategies. Through the use of role plays and cognitive rehearsal, the intervention enhances confidence in initiating safer-sex conversations, negotiating for safer sex, and refusing unsafe sex encounters.</p> <p>Length: Four 3-hour sessions for a total of 16 contact hours</p> <p>Group Size: Small group (10-12 girls)</p> <p>Components: Demonstrations, group discussion, lectures, role plays</p> <p>Evaluation Findings: At 6-month follow-up, participants less likely to report a pregnancy. At 12-month follow-up, participants more likely to report consistent condom use.</p> <p>Information: http://www.socio.com/srch/summary/pasha/full/passt23.htm http://www.cdc.gov/hiv/topics/research/prs/resources/factsheets/SiHLE.htm</p> <p>HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/sihle.html</p>

<p>Sisters Saving Sisters</p> <ul style="list-style-type: none"> ✓ Clinics ✓ Community-based settings 	<p>Cost: Not yet available. List price: \$453 full package with videos, \$145 basic package, \$21.25 student workbooks (set of 5)</p> <p>Audience: Sexually active Latina and African American female adolescents, recruited from family planning clinics; ages 12-19</p> <p>Main Message: Program addresses beliefs relevant to HIV/STD risk reduction, illustrates correct condom use, and depicts effective condom use negotiation.</p> <p>Length: One 4½ hour session</p> <p>Group Size: 2-10</p> <p>Components: Group discussions, videotapes, games and exercises</p> <p>Evaluation Findings: Reduced unprotected sex and number of sex partners; lower numbers of positive STD tests than control group.</p> <p>Information: http://www.selectmedia.org/customer-service/evidence-based-curricula/sister-saving-sister/ HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/sisters_saving_sisters.html</p>
<p>Teen Health Project</p> <ul style="list-style-type: none"> ✓ Community-based settings 	<p>Cost: \$370 (program package), \$220 (download); www.socio.com</p> <p>Audience: Adolescents age 12-17 (originally designed for those living in low income housing development)</p> <p>Main Message: This HIV-prevention intervention is designed to reduce sexual activity, increase condom use and negotiation skills, and enable participants to reduce risky sexual behaviors. The program consists of adolescent and parent workshops, as well as a community-based teen leadership council.</p> <p>Length: Teens: two 3-hour sessions followed 4 months later by two 90-120 minute sessions. Parents: One 90-minute session. Community leaders: weekly 90 minute meetings for 6 months.</p> <p>Components: Adolescent workshops, formation of teen leadership council that organizes community activities, parent workshop.</p> <p>Evaluation Findings: Compared to control group, increased abstinence and condom use.</p> <p>Information: http://www.socio.com/passt25.php HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/teen_health_project.html</p>
<p>Teen Outreach Program™</p> <ul style="list-style-type: none"> ✓ School and community (integrated components; used in both middle and high schools) 	<p>Cost: Program material available through the Wyman Center; facilitator certification and license fees required; estimated cost per student \$620; start up package: \$26,000.</p> <p>Audience: Urban, suburban, and/or rural high school youth at risk of teen pregnancy, academic problems, and school drop-out; ages 12-18. Most effective with ethnic minority youth, adolescent mothers, and students with academic difficulties.</p> <p>Main Message: This youth development program is designed to prevent adolescent problem behaviors by helping adolescents develop a positive self-image, effective life management skills, and achievable goals. Engages young people in a high level of community service learning that is closely linked to classroom-based discussions of future life options.</p> <p>Length: Weekly classes and service learning project throughout the academic year</p> <p>Group Size: Classroom</p> <p>Components: Community service, classroom activities</p> <p>Evaluation Findings: At program completion, participants had half the percentage of pregnancies as the control group.</p> <p>Information: http://www.wymancenter.org/wyman_top.php http://www.childtrends.org/Lifecourse/programs/TeenOutReachProgram.htm HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/teen_outreach_program.html</p>
<p>What Could You Do?</p> <ul style="list-style-type: none"> ✓ Clinics ✓ Community-based settings 	<p>Cost: \$198 (program package), \$120 (download)</p> <p>Audience: Female high school students with previous sexual experience</p> <p>Main Message: This interactive video intervention is aimed at increasing young women's ability to make less risky sexual health decisions. The video includes vignettes during which viewers are presented with specific options to choose from related to sexual behaviors.</p> <p>Length: One session of approximately 45 minutes.</p> <p>Group Size: Individual</p> <p>Components: Interactive video</p> <p>Evaluation Findings: At 3-month follow-up, increased abstinence; at 6-month follow-up, decreased positive STD diagnosis. (Note: in evaluation, initial session was followed by booster sessions at 1, 3, and 6 months.)</p> <p>Information: http://www.socio.com/passt19.php HHS fact sheet: http://www.hhs.gov/ash/oah/prevention/research/programs/what_could_you_do.html</p>

Programs by Setting, Audience, and Outcomes Achieved

PROGRAM SETTING – Some programs may be adapted to a different setting; some cannot	
Elementary School	Raising Healthy Children
Middle School	Adult Identity Mentoring Be Proud! Be Responsible! Be Proud! Be Responsible! Be Protective! Becoming a Responsible Teen ¡Cuídate! Draw the Line/Respect the Line It's Your Game: Keep it Real Making a Difference! Making Proud Choices! Promoting Health Among Teens! (Abstinence-Only) Promoting Health Among Teens! (Comprehensive)
High School	Be Proud! Be Responsible! Be Proud! Be Responsible! Be Protective! Becoming a Responsible Teen ¡Cuídate! Promoting Health Among Teens! (Comprehensive) Reducing the Risk
Community Settings	Be Proud! Be Responsible! Becoming a Responsible Teen CAS-Carrera ¡Cuídate! FOCUS HORIZONS Making a Difference! Making Proud Choices! Project TALC Promoting Health Among Teens! (Abstinence-Only) Promoting Health Among Teens! (Comprehensive) Rikers Health Advocacy Program Safer Sex SiHLE Sisters Saving Sisters Teen Health Project What Could You Do?
School Plus Community (Service-Learning)	Aban Aya All4You! (alternative school) Teen Outreach Program™
Clinics	FOCUS HORIZONS Safer Sex SiHLE Sisters Saving Sisters What Could You Do?
Residential Setting	Assisting in Rehabilitating Kids HIV Risk Reduction Among Detained Adolescents Rikers Health Advocacy Program

AUDIENCE	
GENDER: Some programs were designed for, or were effective with, only one gender	
Males only	<p>Aban Aya (effective with males; effects not shown for females)</p> <p>Draw the Line/Respect the Line (effective with males; effects not shown for females)</p>
Females only	<p>CAS-Carrera (effective with females; sexual health effects not shown for males)</p> <p>Be Proud! Be Responsible! Be Protective! (designed for females)</p> <p>FOCUS (designed for females)</p> <p>HORIZONS (designed for females)</p> <p>Safer Sex (designed for females)</p> <p>SiHLE (designed for females)</p> <p>Sisters Saving Sisters (designed for females)</p> <p>What Could You Do? (designed for females)</p>
Males and Females	<p>Adult Identity Mentoring</p> <p>All4You!</p> <p>Assisting in Rehabilitating Kids</p> <p>Be Proud! Be Responsible! (evaluated only with an all-male group; effects with females unknown)</p> <p>Becoming a Responsible Teen</p> <p>¡Cúdate!</p> <p>HIV Risk Reduction Among Detained Adolescents (evaluated primarily with males)</p> <p>It's Your Game: Keep it Real</p> <p>Making a Difference!</p> <p>Making Proud Choices!</p> <p>Project TALC</p> <p>Promoting Health Among Teens! (Abstinence-Only)</p> <p>Promoting Health Among Teens! (Comprehensive)</p> <p>Raising Healthy Children</p> <p>Rikers Health Advocacy Program (evaluated with males only; single sex implementation recommended)</p> <p>Reducing the Risk</p> <p>Teen Health Project</p> <p>Teen Outreach Program™</p>
AGE: Do not implement a program for one age group with youth in another age group	
Elementary School	Raising Healthy Children
11-13 years old/ Grades 6-8	<p>Aban Aya Youth Project (grades 5-8)</p> <p>Adult Identity Mentoring</p> <p>CAS-Carrera (age 11-19)</p> <p>Draw the Line/Respect the Line</p> <p>It's Your Game: Keep it Real (grades 7-8)</p> <p>Making a Difference!</p> <p>Making Proud Choices!</p> <p>Project TALC (age 11-18)</p> <p>Promoting Health Among Teens! – Abstinence-Only (grades 6-7)</p> <p>Promoting Health Among Teens! – Comprehensive (age 13-18)</p> <p>Teen Health Project (age 12-17)</p>

14-19 years old/ Grades 9-12	All4You! Assisting in Rehabilitating Kids Be Proud! Be Responsible! (age 13-18) Be Proud! Be Responsible! Be Protective! Becoming a Responsible Teen CAS-Carrera (age 11-19) ¡Cúídate! (age 13-18) FOCUS (age 17-22) HIV Risk Reduction Among Detained Adolescents HORIZONS (age 15-21) Project TALC (age 11-18) Promoting Health Among Teens! – Comprehensive (age 13-18. However, note that this intervention was evaluated only with grades 6-7, mean age 12 years.) Reducing the Risk Safer Sex SiHLE Sisters Saving Sisters Teen Health Project (age 12-17) Teen Outreach Program™ What Could You Do?
RACE/ETHNICITY: Programs were specifically found effective with these populations but <u>may also be effective with others</u>	
Effective with multiple racial/ethnic groups	All4You! Assisting in Rehabilitating Kids Be Proud! Be Responsible! Be Protective! (evaluated primarily with Latinas and African American females) CAS-Carrera (evaluated primarily with Latinos and African Americans) Draw the Line/Respect the Line FOCUS HIV Risk Reduction Among Detained Adolescents It's Your Game: Keep it Real (evaluated primarily with Latinos and African Americans) Project TALC (evaluated primarily with Latinos and African Americans) Raising Healthy Children Reducing the Risk Rikers Health Advocacy Program (evaluated primarily with Latinos and African Americans) Safer Sex Teen Health Project Teen Outreach Program™ What Could You Do?
Latino	¡Cúídate! (designed for Latino youth) Sisters Saving Sisters (designed for Latina and African American females)

African American	<p>Aban Aya Youth Project (designed for African Americans)</p> <p>Adult Identity Mentoring (evaluated only with African Americans)</p> <p>Be Proud! Be Responsible! (evaluated only with African Americans)</p> <p>Becoming a Responsible Teen (evaluated only with African Americans)</p> <p>HORIZONS (designed for African American females)</p> <p>Making a Difference! (evaluated only with African Americans)</p> <p>Making Proud Choices! (evaluated only with African Americans)</p> <p>Promoting Health Among Teens! – Abstinence-Only (evaluated only with African Americans)</p> <p>Promoting Health Among Teens! – Comprehensive (evaluated only with African Americans)</p> <p>SiHLE (designed for African American females)</p> <p>Sisters Saving Sisters (designed for Latina and African American females)</p>
SPECIAL POPULATIONS: Program designed for, or effective with, specific populations	
Alternative School/Youth At Risk for Academic Failure	<p>All4You!</p> <p>Teen Outreach Program™</p>
Youth with Substance Abuse Issues	Assisting in Rehabilitating Kids (ARK)
Youth in Juvenile Detention Settings	<p>HIV Risk Reduction Among Detained Adolescents</p> <p>Rikers Health Advocacy Program</p>
Pregnant and Parenting Teens	<p>Teen Outreach Program™ (teen parents)</p> <p>Be Proud! Be Responsible! Be Protective! (pregnant/parenting females)</p>
Adolescents Living with Parents with HIV	Project TALC
OUTCOMES ACHIEVED	
Sexual Behavior Change – Some behavior change was seen only initially, others at later intervals	
Delayed initiation of sex	<p>Adult Identity Mentoring (19 week follow up; also 1-year follow-up males only)</p> <p>Becoming a Responsible Teen</p> <p>CAS-Carrera (3-year follow-up after start of program; girls only)</p> <p>Draw the Line/Respect the Line (boys only)</p> <p>It's Your Game: Keep it Real (24-month follow-up)</p> <p>Making a Difference! (3-month follow-up only; effect not seen at 6 and 12 months)</p> <p>Promoting Health Among Teens! – Abstinence-only (24-month follow-up)</p> <p>Raising Healthy Children (follow-up at age 18)</p> <p>Teen Health Project (12-18 month follow-up)</p>
Increased condom use	<p>Aban Aya Youth Project (boys only)</p> <p>All4You! (6-month follow-up)</p> <p>Assisting in Rehabilitating Kids</p> <p>Be Proud! Be Responsible! (3-month follow-up, males only)</p> <p>Becoming a Responsible Teen</p> <p>CAS-Carrera (girls only)</p> <p>¡Cuidate!</p> <p>HIV Risk Reduction Among Detained Adolescents</p> <p>HORIZONS</p> <p>Making Proud Choices! (3-, 6- and 12-month follow-ups)</p> <p>Reducing the Risk</p> <p>Rikers Health Advocacy Program</p> <p>SiHLE (12-month follow-up)</p> <p>Teen Health Project (12-18 month follow-up)</p> <p>What Could You Do? (3-month follow-up: fewer condom failures)</p>

Increased contraceptive use	CAS-Carrera (girls only) Reducing the Risk
Reduced frequency of unprotected intercourse	All4You! (6-month follow-up) Assisting in Rehabilitating Kids Be Proud! Be Responsible! (6-month follow-up) Becoming a Responsible Teen ¡Cuídate! Making Proud Choices! Reducing the Risk SiHLE (12-month follow-up) Sisters Saving Sisters (12-month follow-up)
Reduced number of sexual partners	Be Proud! Be Responsible! (3-month follow-up, males only, reduced number of female partners) Be Proud! Be Responsible! Be Protective! (6-month follow-up) ¡Cuídate! Draw the Line/Respect the Line (boys only) FOCUS Promoting Health Among Teens! – Comprehensive (24-month follow-up) Raising Healthy Children (follow-up at age 18, 21) Safer Sex (6-month follow-up) SiHLE (12-month follow-up) Sisters Saving Sisters (12-month follow-up)
Reduced frequency of intercourse	Aban Aya (males only) All4You! (6-month follow-up) Assisting in Rehabilitating Kids (6- and 12-month follow-ups) Becoming a Responsible Teen (12-month follow-up) ¡Cuídate! Draw the Line/Respect the Line (boys only) Making a Difference! (3-month follow-up only; effect disappeared at 6- and 12-month follow-ups) Promoting Health Among Teens! – Abstinence-only (24-month follow-up) What Could You Do? (3-month follow-up)
Reduced teen pregnancy/parenthood	CAS-Carrera (3-year follow-up after start of program, reduced teen pregnancy) Project TALC (4-year follow-up after start of program, reduced teen parenthood) Raising Healthy Children (follow-up at age 21, reduced pregnancy) Teen Outreach Program™ (fewer pregnancies during the program period/academic year)
Reduced STDs	FOCUS HORIZONS Raising Healthy Children (follow-up at age 24, 27) Sisters Saving Sisters (12-month follow-up) What Could You Do? (6-month follow-up)